

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 8, No. 32

Marine Corps Logistics Base Barstow, California

August 12, 2004

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

BARSTOW LOG
SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

<https://www.barstow.usmc.mil/>

MCLB K9 Unit Marine returns from OIF II

By Cpl. Andy J. Hurt
Barstow Log Editor

It's not often that a first-term Marine from MCLB Barstow tells an authentic "war story."

Yet upon his safe return from a forward deployment in support of Operation Iraqi Freedom II, Cpl. Darin "Clever" Cleveringa, a dog handler with the MCLB Barstow Provost Marshal's Office K9 unit, is telling many.

Cleveringa, a lean, blue-eyed devil dog with boyish looks, returned home to MCLB Barstow in late July, and said he couldn't be happier to be back.

"When I stepped off the plane ... it was great to smell the clean air again," he said.

Cleveringa was part of a select group of dog handlers from around the Marine Corps who deployed to Iraq in March to support the need for searching out weapons caches and Improvised Explosive Devices that litter the landscape in the war-torn country.

Though his specialty carried him to different parts of the country, he mainly operated out

of Camp Baharia, about two miles East of Fallujah, he said.

His dog, Rek, took the long journey with Cleveringa and was by his side throughout the deployment, Cleveringa said.

The K9 unit support from MCLB Barstow and other Marine Corps bases was critical in searching out and seizing weapons caches, said Cleveringa.

He said that IED sweeps, building searches and vehicle searches were a part of daily life during the deployment, and that the success of Rek was phenomenal.

Cleveringa recalled one of the larger caches he found: "We were searching a building and I found two AK47s, a sniper rifle, AK 7.62 mm rounds and a bandolier," he said, adding "You can't hide stuff from the dogs."

The fierce looking, broad-shouldered German Shepherds and Belgian Malinois dogs most often used in K9 units were also an effective physiological deterrent to hostile activity, Cleveringa said.

See **CLEVER** Page 6



Photo courtesy of Cpl. Darin Cleveringa

Cpl. Darin "Clever" Cleveringa, a dog handler with the MCLB Barstow Provost Marshal's Office K9 unit, poses with his dog, Rek, in front of an LAV before a routine patrol in Camp Baharia, Iraq, about two miles East of Fallujah. Cleveringa said the dogs were critical in sniffing out weapons caches, as well as boosting troop morale and confidence.

MCLB Barstow makes CCLD priority Civilian Career Leadership Development program offered

By Lance Cpl. Ashley Warden
Combat Correspondent

Civilian Marines - an invaluable resource present at MCLB Barstow - now have a chance to better their leadership skills through the Civilian Career Leadership Development Mentoring Program.

The program was officially kicked off at MCLB Barstow in Feb. 1998 and designed to develop civilian employees in specific skills of leadership and career growth.

"(The program) gives (participants) a career path where they can learn to be leaders from the very start," said Lisa Akers, a program analyst and CCLD coordinator. "The program gives them an idea where to go next."

While involved in the program, participants take leadership skills assessments, select a mentor and work with the mentor to develop an Individual Leadership Development Plan. Skills, confidence and opportunities are all

gained from being in the program, said Akers.

"Civilians need to develop their leadership skills because it is not something that is encouraged from the beginning like in the military," she said. "We are all leaders in some way."

"With all the management turnover on base, it allows the base, by having a program like this, to have a feeder program for management so there is a smooth transition between managements," said Chuck Ashbrook, MCLB Barstow's Career Resource Center program manager and soon to be the drug and alcohol abuse specialist supervisor at the National Training Center Fort Irwin, Calif. "Management becomes seamless (with the program)."

While in the program, assessments help participants find their strengths and weaknesses, said Ashbrook.

"It's a matter of getting into classes and training to help your weaknesses become your strengths," he said.

The program exposes participants to various

levels of management, which gives them a better perspective on the base as a whole, said Ashbrook.

While in the program, Ashbrook traveled all over the United States to look at other federal agencies and expand on his leadership skills.

CCLD training centers on key competencies that can be acquired through various formal and informal methods. These competencies include oral and written communications, problem solving, mission and organizational awareness, team skills and other leadership skills.

"(Through the program) I gained a better perspective of the big picture," said Ashbrook. "I got an idea from both sides, management and labor, and saw some of the challenges that management faces with personalities and to ensure the mission gets accomplished."

The program is open to all civilian grades.

"I would recommend this program to anybody who may have an idea they want to be a part of

See **CCLD** Page 5

MCLB Fraud, waste and abuse findings revealed

Submitted by **Bill McClintock**
Resource Evaluation Analysis Office

“Reporting fraud, waste and abuse situations is everybody’s responsibility,” stressed Sam Callejo, MCLB Barstow’s FWA program manager.

“You are our main defense in safeguarding government resources.”

An FWA situation is the misuse of government property, facilities, or official time.

This covers all direct or indirect usage of government resources, including computers, vehicles, tools, telephones, fax machines, and official time

for personal business. There can also be instances where time, technology, or circumstances have made a procedure or work process obsolete thus causing a drain on resources.

The following are the results of some FWA investigations conducted on base:

- An FWA allegation was received questioning the possible misuse of a government computer to access illegal sites and the individual’s work habits due to no immediate supervisor in the work area.

An unannounced security check

run on the computer system did not reveal any sites being downloaded that were of an illegal nature.

Although, the individual was accessing another site that was not in accordance with Base Bulletin 5217, Electronic Mail/Internet Policy dated August 28, 2000.

The individual has been counseled on the appropriate use of government computers.

On the issue of the individual not being in their assigned work area for the full duty period, the allegation was unsubstantiated.

- An FWA allegation was received

from a concerned employee about the extending of a position that was filled by temporary authority.

This particular position had an original list of candidates of four names; three of the individuals declined the temporary position. Temporary positions in excess of 120 days will be made under competitive merit staffing procedures. Under these procedures temporary promotions can be made up to a maximum of five years.

The allegation was found to be unsubstantiated.

- An FWA allegation was received from a concerned employee that there

could be possible misuse of a government vehicle. The concerned government employee noticed a government vehicle parked at a building and the particular employee driving the vehicle, did not have official business at that location. There was an official investigation to determine if the vehicle was authorized to be at that location at that time of day. The allegation was unsubstantiated and the case was closed.

- An FWA allegation was made by a concerned government employee stating, two civilian employees were

See **FRAUD** Page 10

Changing takes discipline

By Lt. Cmdr. **Randel Livingood**
Base Chaplain



Can you remember a time when you got very excited about something like learning a new sport, or playing an instrument in the school band? Or maybe it was something like going to school to finish your

education?

If you are one of those people like me, a “non-traditional student” then you know that you really start off with a bang.

You have made great plans to study hard, to do all your readings, complete all your homework on time and not only that, but also to really “learn” something.

Do you remember what happened about half way through the first semester? If you were anything like me you discovered the

really hard work of earning a college degree or high school diploma and really had to redouble your efforts to complete the semester.

The same thing is true when we get energized about playing an instrument or taking up a new sports activity. It is easy to get all excited about playing football or baseball, or basketball after watching the games on television, but then when we go out for the team and we are tired, hot, and sweating profusely and have been yelled at for two hours we find it a lot less fun than we thought it was going to be.

On top of everything else we may have also discovered that we are not the next Larry Bird, Hank Aaron, or Roger Staubach. All of these things can be terrific blows to our egos and our efforts.

There is another time I can think of that is similar to that; it is around the New Year’s holiday when many folks make resolutions to

See **CHAPLAIN** Page 10

Just doing my job ...



Photo by Lance Cpl. Ashley Warden

Thomas Schwahn, mechanic, repairs a 2005 electric Gem car of which he will have the rear axle and shock absorber bracket welded back together. Schwahn, a former Army reservist of 17 years and Vietnam veteran, has been working for the Transportation Support Branch at the Installation and Logistics Department repairing government vehicles for the past two years. Formerly, he was a member of the M1A1 Main Battle Tank line at Maintenance Center Barstow.

Chapel Services

Protestant Sunday 8:30 a.m.
For more information, call 577-6849.

Religious Events

Morning prayer, Building 15
ASD 8:30 a.m. Tuesdays.
Seekers Bible Study, Building 126, Religious Ministries Center 5 p.m. Wednesdays.

Lunch time episcopal mass, Building 128, Blessed Sacrament Chapel 11 a.m. Thursdays.

Religious Services off base

Catholic Mass:

St. Joseph’s Catholic Church
505 E. Mt. View
Barstow
Sundays, 7:30 a.m. Misa En Espanol
9:30, 10:30 a.m. English

or:

St. Philip Neri Catholic Church
25333 Third Street
Lenwood
Sundays, 9:30 a.m. English

Jewish Services

Congregation Bamidar
Shel Ha-Am
130 Eastgate Road
Barstow
Saturdays 10 a.m.



Marine Corps Logistics Base Barstow, California
Colonel Steven J. Thompson, Commanding Officer

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The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 15. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282. This newspaper is an authorized publication for members of the Department of Defense. Contents of **BARSTOW LOG** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps. **BARSTOW LOG** is published by Aerotech News, a private firm in no way connected with the U.S. Marine Corps, under exclusive written contract with Marine Corps Logistics Base Barstow, California.

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News Briefs

“News Briefs” is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Thursdays for the next week’s issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Lunch Menu

Unless otherwise indicated lunch menus for the Family Restaurant and Cactus Cafe are the same. Lunch menus are subject to change.

Today – Family Restaurant: Fruit and salad bar. Cactus Cafe: Chicken tenders and steak fries.

Friday – Three-piece fish, cottage fries and steamed broccoli..

Monday – Chicken fried steak with mashed potatoes and gravy.

Tuesday – Yankee pot roast and New England potatoes.

Wednesday – Chicken fajitas, flour tortillas and refried beans.

Active duty military \$3.25, all others, including civilians, \$4.75.

Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink.

Lunch hours: Family Restaurant: 10:30 a.m. to 1 p.m. Cactus Cafe: 11:30 a.m. to noon.

For more information, call 577-6428.

Breakfast

Breakfast at the Family Restaurant is from 5:30 to 7:30 a.m. and at the Cactus Cafe from 5:30 to 6:30 a.m. Prices: Active duty military \$1.60, all others \$3.25.

Family Night Dining

Tonight – BBQ beef and pork ribs, baked beans, corn on the cob, tossed green salad, dessert and fountain drink of your choice.

Family Night dinners are served at the Family Restaurant every Thursday from 4:30 p.m. to 7:30 p.m.

Prices are the same for military and civilian: \$6 adults, \$4 children (5 to 11 years).

Children under 5 years dine free.

Ball Fundraiser

The Marine Corps Birthday Ball Committee will be hosting a golf tournament fundraiser Friday.

Everyone is welcome. Tee time is 7 a.m. at the Tees and Trees golf

course.

Prices are as follows:
E1 through E5 — \$15
E6 through E9 — \$17
O1 through O2 — \$17
O3 through O10 — \$18
Civilian — \$19

Angels Tickets

The Civilian Welfare and Recreation Association has two more tickets for the Anaheim Angels and the Chicago White Sox game scheduled for Sept. 10 at 7:05 p.m. at the Anaheim Stadium.

Tickets are \$8 each and are nonrefundable. First come first served.

A big bang fireworks show is scheduled after the game.

For more information, contact Vince Chavez at 577-4205.

Fire Protocol

A reminder from the MCLB Barstow Fire & Emergency Services Division to all Base personnel and their families, whenever personnel have a fire or see a fire aboard the base, notify the Fire Department via 911 or activate one of the fire alarm stations immediately.

This requirement is based on Base Order P11320.5F Base Fire Regulation Paragraph 3000 and the National Fire Protection Association Standard 1 Uniform Fire Code 107.1.1.

Even if you do extinguish a fire, the Fire Department has to make certain the fire is totally extinguished and perform an investigation of the origin and cause of the fire.

Remember the saying, “All big fires start small.”

For more information, contact Terry Jenkins, assistant fire chief of fire prevention, Fire and Emergency Services Division, at 577-6966.

Mystery Shopping

A North Carolina-based company that conducts mystery shopping services is seeking “a few good spies.”

If you have a military ID and base access, and are interested in conducting mystery shops at places such as the PX, service station, 7 day store, etc., please register to become an independent contractor for Confero.

These assignments will be on going for at least six months.

There will be multiple shops each month.

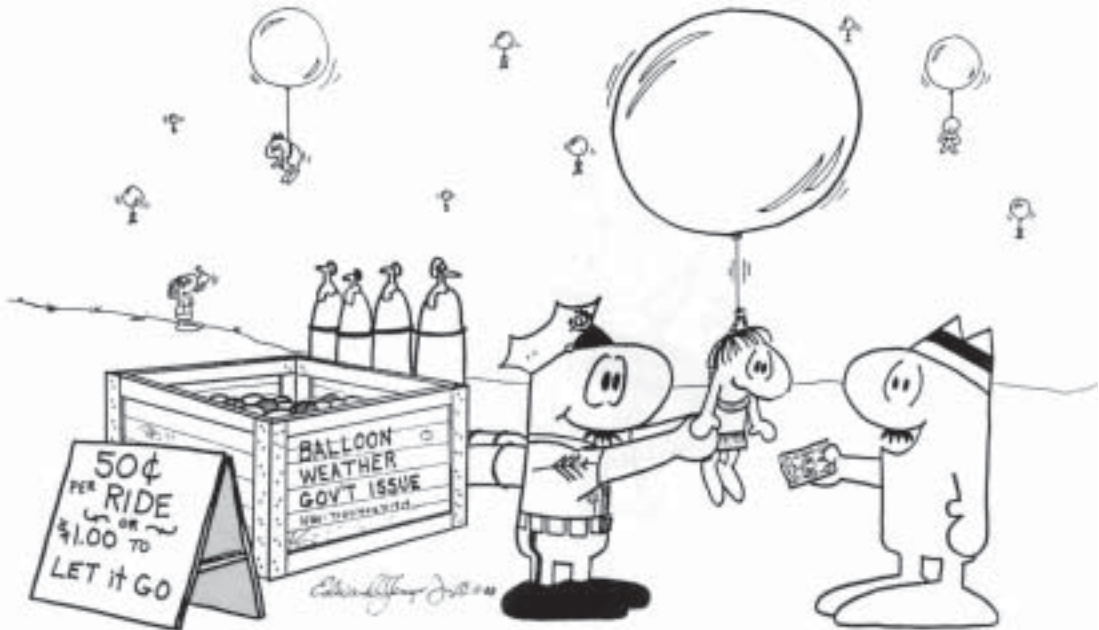
There are no fees or cost to become a mystery shopper.

The payment to the independent contractor or fee for conducting the mystery shops range from \$15.00-\$25.00.

Some assignments require small purchases or returns for verification

*101 things you should **never ask a Marine** to do*

By E. Temple



Never ask a Marine for a balloon ride.

of visits.

If you would be interested or know of anyone who may be interested in conducting mystery shops at places such as the PX, service station or 7-day store, please visit our Web site for more information about mystery shopping for Confero at <http://www.conferoinc.com>.

Town Hall Meeting

The MCLB Barstow Combined Town Hall Meeting is slated for Aug. 18.

CalTrans Info

The California Department has made it easier for motorist preparing to travel Interstate 15 to get updated information on the highway construction project by setting up a Web site.

Want to know what portion of the 15 is backed up or is down to one lane causing backups?

Visit www.dot.ca.gov to get the most up-to-date information available.

This is just one more avenue, besides radio and television, Caltrans is utilizing to make the commute to work or play that much easier to cope with.

WAWF Training

Due to Wide Area Work Flow's online training being inaccessible, training for WAWF is now available via CD-Rom at the Contracting and Purchasing Office, Warehouse 8, door 14A.

Phone Corinne Dorado at 577-6389 to set up a time to complete the training.

Safety Shoes

Safety shoes are available for purchase Wednesday at the following locations:

Yermo: The parking lot in front of Building 573 from 7 a.m. to 11 a.m.

Nebo: The parking lot across from Building 236, east end, from noon to 1 p.m.

Maintenance Complaint line

To report complaints about repair and maintenance work on real property (base structures excluding base housing), call 577-5159.

DEFY

The second phase of the Drug Education for Youth program is scheduled to begin Aug. 21 with a “Collect Can Cookout.”

Students will need to bring non-perishable food items to exchange for a lunch consisting of a hamburger or hotdog, chips and a soda.

The event will be held at the base chapel, times are yet to be determined. For more information, call Staff Sgt. Lafawn Skipper at 577-6849.

Job Watch

| <u>Annc No.</u> | <u>Title/Series/Grade</u> | <u>Open</u> | <u>Close</u> | <u>1st Cutoff</u> | <u>Location</u> |
|---------------------|---------------------------------|-------------|--------------|-------------------|-----------------|
| SW7009-04-191464-DE | Equipment Cleaner WG-7009-06 | 07-22-04 | 08-13-04. | 07-26-04 | MCLB Barstow |
| SW7009-04-195649-DE | Equipment Cleaner WG-7009-05 | 07-22-04 | 08-13-04. | 07-26-04 | MCLB Barstow |

Applicants interested in the above positions should submit resumes online at the following Web sites: <http://www.donhr.navy.mil> or <http://www.usajobs.opm.gov>.

For information regarding Open Continuous announcements point your browser to <http://www.donhr.navy.mil>. For more information concerning job announcements visit the Self-Service Center, Building 236, Mondays through Fridays from 7 a.m. to 3:30 p.m. or call the Human Resources Office at 577-6357/6279/6481.

This is not an official list. Please see the Web sites listed for a complete list.

MCLB Barstow Rifle Range Scores

Lance Cpl. John Kim
53 Expert
Cpl. Jesse Simpson
45 Expert
Staff Sgt. Jeffery Cox
44 Expert
Lance Cpl. Ashley Warden
44 Expert
Staff Sgt. Daniel Dorado
43 Expert
Staff Sgt. Shelton Lawson
43 Expert
Staff Sgt. Jeffery Callahan
42 Expert
Lance Cpl. Edward Kook
41 Expert
1st Lt. Michael Smith
40 Expert
Sgt. Quon Tran
40 Expert
Staff Sgt. Travis Snyder
39 Sharpshooter
1st Lt. Timothy Joyce
38 Sharpshooter
Pfc. Justin Tully
38 Sharpshooter
Lance Cpl. Elizabeth Maciasrojo
37 Sharpshooter
Lance Cpl. Tamara Newcamp
37 Sharpshooter
Chief Warrant Officer 2 Lonnie McGhee
36 Sharpshooter

Lance Cpl. Christal Powell
35 Sharpshooter
Staff Sgt. Devree Barefield
31 Marksman
Lance Cpl. Jose Santos
31 Marksman
Lance Cpl. Stephen Lunny
30 Marksman
Pfc. Jason Robles
30 Marksman
Lance Cpl. Matthew Stoki
30 Marksman
Staff Sgt. Johnny Sweredoski
30 Marksman
1st Lt. Aniel Syzmanski
30 Marksman
Sgt. Scott Kasting
28 Marksman
Lance Cpl. Jeremy Foreman
25 Marksman
Lance Cpl. Leonel Sanchez
25 Marksman
Lance Cpl. Britney Schneidt
25 Marksman

Pistol Range Scores
Cpl. Jesse Simpson
381 Expert
Lance Cpl. John Kim
373 Expert
Staff Sgt. Daniel Dorado
351 Expert
Gunnery Sgt. Michael Bonilla

350 Expert
Staff Sgt. Travis Snyder
342 Sharpshooter
Staff Sgt. Jeffery Callahan
336 Sharpshooter
Staff Sgt. Johnny Sweredoski
332 Sharpshooter
Pfc. Jason Robles
329 Sharpshooter
Staff Sgt. Shelton Lawson
324 Sharpshooter
Staff Sgt. Lafawn Skipper
322 Sharpshooter
Pfc. Justin Tully
314 Sharpshooter
Chief Warrant Officer
Lonnie McGhee
312 Sharpshooter
Staff Sgt. Jeffery Cox
307 Sharpshooter
Lance Cpl. Jose Santos
305 Sharpshooter
Lance. Cpl. Christal Powell
303 Marksman
Lance Cpl. Edward Kook
293 Marksman
Sgt. Quon Tran
279 Marksman
Lance Cpl. Matthew Stoki
276 Marksman
Lance Cpl. Tamara Newcamp
272 Marksman



Maintenance Center Barstow: A learning experience



Photo by Lance Cpl. Ashley Warden

Marines from Battery B, 1st Battalion, 11th Marines stationed at Marine Corps Base Camp Pendleton, Calif. listen as Jeffrey Donovan, artillery repair leader at Maintenance Center Barstow, explains what workers at the Maintenance Center do and its importance. The Marines paid a visit to give them a better feel for what goes into the equipment they use in the field, said 1st Lt. David Kissner, a forward observer in 1/11.

CCLD from Page 1

management or in the decision making process of what happens on base,” said Ashbrook.

Another aspect of the program is mentoring

“(The importance of mentoring) is to pass on information,” said Akers.

“There are so many experienced people out there with years of wisdom we don’t want to lose because of retirement.”

Mentors may be Marines or civilians, normally two or three grades higher than the participant, and cannot be the participant’s first or second level supervisor.

A mentor is a person who oversees the career and development of another, usually junior, person, states the Department of the Navy Civilian Leadership Development Mentoring Handbook.

Mentors in the program help an employee clarify their goals and develop and execute an Individual Leadership Development Plan.

“A mentor helps an employee transition from the relatively narrow focus or technical work to the more complex field of management and leadership,” states Mentoring

Handbook.

“Through this transition, the mentor provides a role model for success.”

Mentors and employees should “self select each other,” states the handbook.

When looking for a mentor, people should spend time thinking about their needs and investigating possible mentors.

A good way to do this is by asking around to get feedback on who might be an appropriate mentor for an individual.

Mentors must also consider a few things before agreeing to become a mentor, states the handbook.

The prospective mentor may look for competence, ambition, a desire to learn, initiative and other qualities in the employee.

For more information on the CCLD, contact Lisa Akers at 577-6658 or Linda Lingren at 577-6806.

Editor’s note:

Information used in this article was from the MCLB Barstow CCLD brochure, MCO 12410.24 and SECNAV Instruction 12410.24.

MCLB Barstow's mandatory fire inspections kick off Aug. 30



Photo by Curt Lambert

MCLB Barstow's Fire and Emergency Services Division Chief Fire Inspector Terry Jenkins explains to Mrs. Janice Thompson, wife of base commander, Col. Steven Thompson, the mandatory fire inspection procedure he plans to follow, while Fire Inspector Lance Milanez takes notes. Beginning August 30, as required by Base Order P11320.5, the Fire and EMergency Division will begin manadatory fire inspections of all base housing units between 2 and 6 p.m. until Dec. 9. If residents are not available during the time of the inspections, they may call 577-6966 to schedule an appointment at thier convenience.

CLEVER from Page 1

"No one was ever injured (from IED blasts) where we were searching"

Rek had a close call when he was medevac'd to a veterinarian in Baghdad for heat exhaustion, and underwent an IV drip to re-hydrate him. "He went through half a bag and then ripped the catheter out, so he was fine," said Cleveringa, "but (medical personnel) take that stuff seriously."

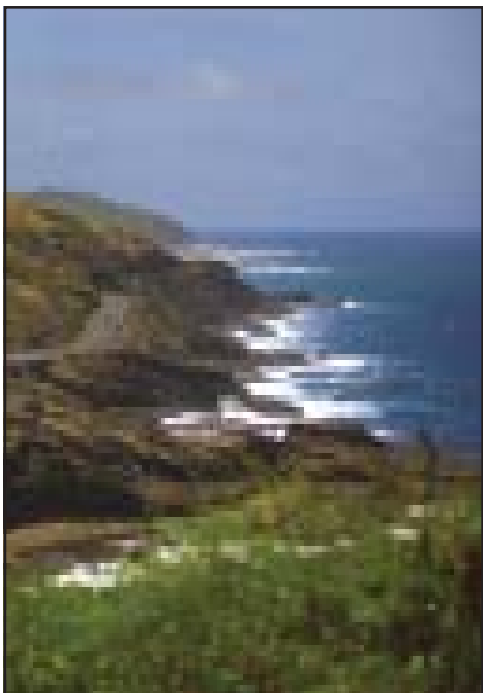
Rek was also a great morale and confidence booster to the Marines of 2/1 Headquarters and Support Company, where he was attached to.

"The Marines loved our dogs. They always felt better when the dogs were around," said Cleveringa.

Upon his return, Cleveringa was greeted by his pregnant wife, Nicole, along with other friends and well-wishers. But the support from home while he was deployed, he said, was unparalleled.

"The stuff I see about the support for the troops is awesome," he said. Cleveringa also received numerous care packages while deployed. He also said that the dogs were getting support from home.

"People would send toys, treats, booties, whatever. Some people sent our dogs more stuff than they sent us."



Above: A serene coastal setting on the island of Oahu.

MCLB Barstow SMP joins West coast

Story and Photos By Lance Cpl. Jenna Lassandrello
Combat Correspondent

The Single Marine Programs from MCB Kaneohe Bay, Hawaii, MCAS Miramar, Calif., MCRD San Diego, MCLB Barstow, Calif., MCAS Yuma, Ariz., MCAGTC Twentynine Palms, Calif. and MCB Camp Pendleton all came together to provide the single Marines from all over the West Coast with a week-long vacation in Hawaii and the opportunity to mingle.

The SMP left MCAS Miramar on Aug. 2 by way of a KC-130 Hercules aircraft and arrived a little over eight hours later at MCB Kaneohe Bay, HI.

There they were greeted by the SMP Marines from Kaneohe Bay with a luau and then later delivered to the hotels.

In true vacation style, there were no prearranged activities and the Marines got to choose how to spend their precious time in paradise.

Four Marines from MCLB Barstow, Cpls. Curtis White, Timothy Graham, Gregory Horn

and Lance Cpl. Jenna Lassandrello transformed into tourists of the island of Oahu for the week.

Some of the highlights from their week included visiting the USS Arizona Memorial, parasailing, snorkeling, shopping, sightseeing and just soaking in the laid back culture.

"Hawaii is one of the most relaxing environments I've ever been in. The historical significance of the island (of Oahu) combined with the 'wow' effect was almost too much..." said Cpl. White.

"I had an incredible time, it was a truly unforgettable experience," said Cpl. Graham.

"I think the most memorable part was the parasailing ... the view was amazing," said Graham of parasailing of the coast of the island.

The trip was a huge success and the SMP hopes to do it again in the future, said Alisa Hertzler, the SMP coordinator for MCAS Miramar.



Space was something to be desired on the flight the SMP's took from MCAS Miramar to MCB Kaneohe Bay which lasted more than eight hours. Upon landing, the Marines were greeted with a luau by the MCB Kaneohe Bay SMP branch.



Cpl. Curtis White, scales volcano-formed cliffs to get a better view during a sightseeing island of Oahu.

ast Marines on Hawaiian Vacation



Above: With the strenuous climb conquered, Cpl. Curtis White gets a better view from the volcanic cliffs during a sightseeing tour of the island of Oahu.



One of the many beaches outlined by volcanic mountains the Marines frequented in Oahu.



(Left to right) Cpls. Curtis White, Gegory Horn and Timothy Graham check out the scenery just after arriving at the Marina at MCB Kanehoe Bay where a luau hosted by the SMP Marines from Hawaii was held.



Cpls. Timothy Graham and Curtis White parasail off the coast of the island of Oahu during the SMP trip to Hawaii.

FRAUD from Page 2

seen leaving the base in a privately owned vehicle. The allegation states these two employees leave the base at approximately the same time on a regular basis.

There was an investigation that included an interview with the employees’ supervisor and an individual at the location the employees were working. The allegation was found to be unsubstantiated.

- There was a concerned employee that felt that two other employees had received cash awards which was no in compliance with management’s award policy. The two cash awards were on-the-spot awards for contributions that led to substantial savings in one of the shop projects. The cash awards were not given in contradiction to top management’s award policy. The allegation was unsubstantiated. Hotline callers are treated with complete confidentiality and remain anonymous to the fullest extent possible except when required by law or authority. Calls to the Fraud, Waste and Abuse Hotline are taken seriously, investigated by impartial experts, and are important to the command. Reprisals against those who report FWA situation are prohibited by law.

To report possible instances of fraud, waste and abuse call the Hotline at 577- 6222, or send a letter reporting the situation to:

Commanding Officer
“For Comptroller’s Eyes Only”
Marine Corps Logistics Base – Barstow
Box 110400
Barstow, CA. 92311-5043

CHAPLAIN from Page 2

change their lives in some way.

I have heard many “regulars” at the gym say that they take the first week after New Year’s off because that gives all the people who made New Year’s resolutions a chance to go in, work out, figure out how hard it is and then leave.

Otherwise they say that the gym is far too crowded and you just can’t get anything done.

Another thing that happens at New Year’s is that people decide they are going to make an effort to change something in their personality that they do not like.

Unfortunately, just like the gym, they begin with a bang and then lose interest quickly because they cannot maintain their efforts.

This is what I call being stirred, but not changed.

The question is how do we take the energy that gives us our start and move beyond simply being excited about something for the short-term to allowing the excitement to take hold and really change us?

What is it that we must do to become the people we want to be?

For some, the changes only come with a deepening sense of their spirituality, reflected by greater attendance at Church, Mass, or Temple, or by greater efforts at prayer or spiritual quietness.

For others it means reminding themselves of what their goals are on a daily basis and developing a system that allows them to always make time to develop this new talent.

However, one of the things that is consistent for everyone who wants to truly be changed is that it takes discipline and work.

It takes not letting up on the goals and systematically striving everyday to work toward that goal.

One thing that being in the Navy has taught me is that change does not happen in an instant.

Watching about 100 sailors attempt to

heave a line and pull the ship up against a pier tells you something about life.

These sailors were not trying to jerk the ship into place, if they had they would all have been on the binnacle list for bad backs that afternoon.

Instead they all took a good grip and leaned back against the line and slowly, ever so slowly the ship began to move toward the pier.

They repeated this action that was normally done by mechanized capstan in just a few moments over a period of about 30 minutes before the ship was moored.

When they finished they were all worn out and ready to call it a day but they had accomplished their goal.

So the trick to changing your life is not attempting to do it all at once, rather it is important to take a steady strain and even though it will take a while to accomplish, you are far more likely to meet your goal than if you get in a hurry and try for instantaneous change.

Peace,

Fr Randel



AROUND THE CORPS

Marines working to defeat enemy one leaflet at a time

By Cpl. Macario P. Mora Jr.
1st Marine Division

CAMP RIPPER, Iraq (Aug. 1, 2004) — A group of artillery Marines took a different approach to targeting for their deployment to Iraq. They're more into handing out leaflets than delivering earth-shattering barrages of firepower.

The small group of Marines formed up the Information Operations Cell, from Regimental Combat Team 7's former fire support control center. Their mission now deals with dispelling half-truths and lies spread by terrorists and spread the word about blossoming opportunities for citizens of Al Anbar Province.

"We distribute information to the Iraqis," said Gunnery Sgt. David E. Lee, 29, Information Operations chief from Lodi, Calif. "We simply give them the truth."

The team is quick to respond

to any attacks, distributing fliers and posters to the battalions to pass out to the locals, according to Lance Cpl. William T. Titus, 20, an IO clerk from Nashville, Tenn.

"The most difficult thing is getting the posters, hand bills and magazines to the battalions," Titus explained. "When something happens, we try and have something out within 24 hours."

Lee said he believes he and his Marines were chosen to become IO Marines because artillery isn't in great demand during this year's deployment to Iraq. Closer to the truth, though, is their ability to adjust to changing missions rapidly.

"We're smart," Lee said. "We're used to finding ways to distribute information. The only difference now, is we're doing it to help people rather than kill them."

The unit is new to the Marine Corps. Coming to Iraq, many of the Marines didn't know what to

expect. Only two of the more than a dozen Marines attended a two-week course to help give them a better understanding of their task.

Lee said one of the team's biggest challenges has been their ability to craft a standard operating procedure. Most of what they're doing is new to the Corps and what they do know now, might not apply to next week's situation.

"It's continually changing as we learn more," he added.

The Marines however have been successful in educating the local civilians on what really happens.

"It's important to get the information out to the people," said Staff Sgt. James W. Bellows, 26, an assistant chief from Riverside, Calif.

"When we raid a house or something and take someone into custody, that guy knows what he did, but the guy down the street may not know. So it's

important we inform them."

It's not easy to quantify how much effect the IO Marines have made in the region. Intelligence or tips being reported may have come from a leaflet they produced or simply because of a local citizen's frustration with warring terrorists on his property.

But there are incremental changes. Local newspapers are springing up in the area. Iraqis are discussing the coming elections and the impact they will have on their own future.

Every time Iraqi Security Forces perform humvee Aug. 1. their mission, the IO Marines are there to remind the citizens it was their own force protecting them.

"We know what we do helps,"

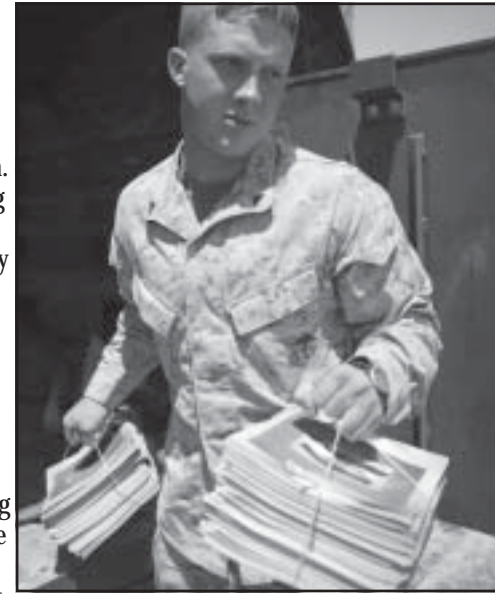


Photo by: Cpl. Macario P. Mora Jr.

Lance Cpl. William T. Titus, 20, an Information Operations clerk from Nashville, Tenn., helps unload bundles of Freedom Magazine from a

Bellows said. "People at home don't see the good things we do over here, but we see it every-day. Knowing we're making a difference feels good."



By Jim Gaines
MCCS Publicity

Hot August Specials

Back To School Sale: Make sure your students have the “write” gear, “write” from the first day of the new school year.

Notebooks, backpacks, pencils and paper are all available at your MCX.

Beat The Heat Sale: Cool down by taking advantage of our mid-month special on selected beverages. Look for the “Ice Cool Blue” balloons and save 10 to 20 percent.

Beat The Monday Blues Sale: Turn Monday into your favorite day to shop! Look for the “Happy Face” balloons for Super Savings on a wide assortment of selected items.

Always available at MCX:
Check Cashing is \$200 max for personal checks! \$50 max for two-party checks! Coffee Club: buy 5 cups get 1 free! Fountain Club: buy 5 get 1 free!

Dry Cleaning at discount prices! Special Orders. Video/DVD Rentals!

Teleflora! Western Union Money Orders! Storage Space Rentals! Super Star Student Program!

Your MCX - Super Seven Store, is open Mondays through Fridays, 6:30 a.m. to 9 p.m., Saturdays, 8 a.m. to 9 p.m. and Sundays from 10 a.m. to 6 p.m.

For more information, call 256-8974.

Club activities

At the Oasis Club this week: Tonight is Social Hour starting at 4 p.m. Friday is Karaoke Night, starting at 6 p.m. Tuesday is Burn Your Own Steak Night, starting at 5 p.m. Wednesday is Movie Night starting at 6:30 p.m.

At the Enlisted Club this week: Monday is darts, pool and TV. Tuesday is Karaoke Night, starting at 6 p.m. Wednesday features Mid-week Relaxation hour from 6:30 to 7:30 p.m.

Thursday is darts, pool and TV. Friday is TGIFriday Night. Saturdays and Sundays are Bar and Grill Nights.

For more information, call 577-6418

Free Movies in the park

Free movies every Wednesday at the Enlisted Club on the patio. Bring your own chairs or blanket and picnic dinner and take in a movie.

Wednesday’s movie is “Wayne’s World.” The film is rated PG13, the length of the film is one hour, 35 minutes.

Movies begin at dusk and are shown inside the Enlisted Club in inclement weather.

For more information, call 577-6817.

Family Swimming Pool

Enjoy the Family Pool this month, it will close next month for the season.

Tuesday - Friday 11 a.m. -1 p.m.
Lap swimming, Tuesday - Friday 1 to 7 p.m. Recreational swimming Saturdays and Sundays, 11 a.m. to 7 p.m. Pool is closed Mondays.

The Family Pool is open to all active duty ranks, reserve forces, retired military personnel and DOD civilians employed at MCLB.

Family members and guests are welcome when accompanied by the sponsor/employee.

All ID holders may bring one guest.

Children under 11 years old must be accompanied by a parent or guardian at least 18 years old. Base employees must be present with family members. For more information, call 577-6971

Want to have a picnic?

It’s a great time to have a picnic! Make your reservations now for the Beer Garden or Obregon Park. We also have volleyballs, horseshoes, softballs, bats and gloves to make your picnic complete.

Tell us what you need and let us help you with a great picnic.

Call Semper Fit and get your picnic plans underway.

For more information, call 577-6971.

Therapeutic Massage

Work out then treat yourself to a massage. Good for circulation or sports muscle strengthening. Very convenient at the Base Gym.

Wednesday appointments available from 8 a.m. to 8 p.m. The fee is \$40 per hour.

Please contact Linda Harper, RN, MSN at 760-257-1207.

Aerobic classes

Stephanie Jeffery’s Aerobics Classes are available Mondays, Wednesdays and Thursdays from 6:30 to 7:30 p.m. at the Base Gym.

Come join us and get in shape

while having fun. The cost is \$20 per month or \$2 per session.

For more information please call 577-6971.

Universal Studios

ITT would like to announce that new Universal Studios tickets are in. Adult or child \$38.50 with the second day free. The second day must be used within 7 days.

Tour the studio and ride the Revenge of the Mummy roller coaster. Visit Fortress Dracula, Jurassic Park, Terminator and Spiderman.

ITT (Information, Tickets and Tours) is open Monday through Friday from 8:30 a.m. to 4 p.m.

Tickets are available after hours and weekends at the Bowling Center. Please call 577-6541 for more information.

Hot Topics Class:

Toilet Training for the Frazzled Family, Tuesday from 1 to 2 p.m. in FAP classroom, Building 129.

Starting potty training? In the middle of potty training? Tired of potty training?

This one hour class offers strategies to help you and your child through the training - free training pants with attendance. (Class is coordinated with CDC toilet training procedures).

For more details please contact Robin Lindsay at 577-6332.

1990 CADILLAC SEVILLE: Maroon, A/C, power steering/windows, power door locks, C/C, AM/FM cassette stereo, dual power seats, ABS brakes, new tires, 131k miles, V8, leather interior, asking \$2,999 OBO. Call (909) 544-3249.

1985 BUICK: Century. Call 252-8034 or 252-0613.

MOTORCYCLE: 2003 Yamaha V-star classic, 7k miles, many dealer installed extras, chrome, etc. below bluebook at \$5,400. Call 254-2295
Lv msg.

MISCELLANEOUS: 1978 Shasta Travel Trailer, 24ft., good condition, new ties, new tanks, air condition, refrig/stove, full bath, \$2,500 firm. Call 256-9329 AWH.

MISCELLANEOUS: Entertainment Center, black wood with gold trim, \$75. Call 951-7281.

MISCELLANEOUS: Small utility trailer, \$200. Call 252-7198.

MISCELLANEOUS: Men's suits, 46 long, xlt cond, \$50 each. Call 252-7198.

MISCELLANEOUS: Stadium cushions, Barstow High Aztec design, 75 cents each; garage work station, (red & black) 4 drawers, 1 cabinet, vice grip attached at table top, \$50; men's work t-shirts X-lrg, 50 cents each; Tether ball and sturdy pole, \$5.; Road Master bike, 15 speed, purple and chrome, \$40; Brother typewriter, needs adjustment \$5. Call 252-1160

MISCELLANEOUS: Casio travel piano keyboard, 13", features include, multipliable rhythm accompaniment, record mode, violin, flute, or piano tones, \$25; Plastic patio chairs (green& white), 20 count, \$2. each; inflatable family pool, 120" wide, 3 rings deep, \$20.; waist exercise wheel, \$5. Call 252-1160

MISCELLANEOUS: Flexsteel recliner, couch and chair, xlt. cond, suitable for family room and rental. Call 256-6955.

MISCELLANEOUS: Your dog will LOVE this Dog igloo for medium dogs, Cute! Needs new home, TLC. "Like" new \$50. Call 267-0255, Lv msg.

